



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.

Milwaukee County

MEALS ON WHEELS

JANUARY



Goodwill

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p>	<p>2</p> <p>Cheeseburger Whole Wheat Bun Ketchup & Mustard Calico Baked Beans Warm German Potato Salad Sliced Peaches</p>	<p>3</p> <p>Glazed Ham Steak Mashed Potatoes Brussels Sprouts Marble Rye Bread Pineapple Tidbits</p>	<p>4</p> <p>Chicken Cacciatore Leg/Thigh Garlic & Parsley Fettucine Winter Vegetable Blend Spinach Salad & Ranch w/Cherry Tomato Whole Grain Dinner Roll Fruited Yogurt</p>	<p>5</p> <p>Salisbury Steak Double Baked Potato Casserole Wax + Green Bean Medley 7-Grain Bread M & M Cookie ♥ Fresh Orange</p>
<p>8</p> <p>Cheese Lasagna Rollup with Meatsauce Parmesan Cheese Crinkle Carrots Marinated Bean Salad Garlic Breadstick Tropical Fruit Cup</p>	<p>9</p> <p>BBQ Pulled Pork on Kaiser Roll Au Gratin Potatoes Baby Peas Creamy Slaw Chocolate-Iced Brownie ♥ Fresh Pear</p>	<p>10</p> <p>Beef Stroganoff Parsley Buttered Noodles California Vegetables Mixed Greens French Dressing Rye Roll Apple Crisp ♥ Applesauce</p>	<p>11</p> <p>Cheddarwurst Hot Dog Bun Ketchup American Fried Potatoes Carrot Raisin Salad Mixed Fruit Fluff ♥ Mixed Fruit</p>	<p>12</p> <p>Fish Sandwich/Bun w/Cheese & Tartar Sauce Stewed Tomatoes w/Green Pepper & Onion Mini Bakers Orange Juice Oatmeal Raisin Cookie ♥ Banana</p>
 <p>15</p>	<p>16</p> <p>Smothered Chicken Leg/Thigh Sweet Potatoes Green Beans Cornbread Banana Cream Pie ♥ Lo-Cal Pudding</p>	<p>17</p> <p>Old-Fashioned Beef Stew <i>Celery, Onion, Peas, Carrots</i> Garlic Mashed Potatoes Romaine Salad Raspberry Dressing Baking Powder Biscuit Choc. Rice Krispie Bar ♥ Banana</p>	<p>18</p> <p>Pub Burger Onion Roll ¼ Cup Sautéed Onions Double-Baked Potato Casserole w/Bacon Bits Broccoli Red Delicious Apple</p>	<p>19</p> <p>Roast Turkey & Gravy Stuffing Prince Charles Vegetables Pickled Beet Salad Juice Banana Cake w/Cream Cheese Icing ♥ Fresh Fruit</p>
<p>22</p> <p>Cranberry Meatballs Roasted Red Potatoes Oriental Vegetables Vienna Dinner Roll Fruit Cup</p>	<p>23</p> <p>Sweet & Sour Pork Infused Brown Rice Maui Vegetable Blend Multi-Grain Bread Mandarin Oranges</p>	<p>24</p> <p>Chicken Marsala Whole Grain Pasta Garlic Pesto Sauce Winter Vegetables Spring Mix/Dressing Italian Bread Blushing Pear Slices</p>	<p>25</p> <p>Meatloaf/Onion Gravy Scalloped Potatoes Peas & Carrots Sourdough Bread Grape Juice Snickerdoodle Cookie ♥ Fruit Cup</p>	<p>26</p> <p>Boneless Pork Loin/Sauce Baked Potato/Sour Cream Warm Red Cabbage Slaw Rye Bread Apple Juice Pudding ♥ Fresh Fruit</p>
<p>29</p> <p>Quarter Pound Hot Dog Hot Dog Bun Ketchup & Mustard Cheesy Potato Casserole Wisconsin Vegetables Coleslaw Applesauce</p>	<p>30</p> <p>Taco Salad Bed of Shredded Lettuce Taco Meat, Cheese, Diced Tomato, Sour Cream Refried Beans Southwest Style Corn Fritos Pineapple</p>	<p>31</p> <p>Italian Style Meatballs w/Sauce Spaghetti & Sauce Green Beans Mixed Greens Cucumber & Tomato Italian Dressing Yellow Delicious Apple</p>	<p><input type="checkbox"/> DELIVERY ISSUES</p> <p><input type="checkbox"/> ADDRESS CHANGE</p> <p><input type="checkbox"/> VACATION HOLD</p> <p>358-6527</p>	



View Menus Online! Milwaukee County Department on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: 414.289.6995